

Onsite Services

Large Group Fully Insured



The Case for Wellness

Why have wellness programs for your company? Health care costs are growing at a rapid rate. The reasons for this increase can be managed through the integration of a worksite wellness program. An onsite wellness program will allow your employees to receive screenings, education, and access to services that will help them to manage their health risks and make better choices regarding their health and wellness.

Facts:

- Over 78 million U.S. adults are obese.
- 45.3 million people in the U.S. smoke, which is the leading cause of a preventable death in the U.S.
- As many as 1 in 3 Americans has or is at risk of developing diabetes — and many of them don't even know it. There are 230,000+ diabetes-related deaths annually.
- Unhealthy workers cost U.S. employers \$153 billion a year.

Benefits of Commit2Wellness Program

AmeriHealth New Jersey's Commit2Wellness® onsite wellness program was the first to offer onsite wellness in the state of New Jersey in 2008 to small and mid size employer groups. Our Commit2Wellness services include sending registered nurses to organizations to provide a broad spectrum of onsite health education seminars, screenings, and support. We are proud to say that we have a track record of offering these "big company" programs for small and mid-sized employers.

How to get started with our services

A member of our sales team will provide you with detailed information regarding our program and ask you to submit a Health and Wellness Needs Assessment. Based on the results of this assessment, a presentation will be scheduled.

An employer group must abide by the minimum standards outlined in the Commit2Wellness Engagement Form.

To schedule an onsite biometric screening, health coaching, or wellness presentation there should be a minimum participation of 20 employees at the screening location. We must be given four weeks' notice when scheduling an event.

To schedule an onsite cholesterol and blood sugar screening by an AmeriHealth New Jersey approved vendor there must be a minimum of 35 employees at the screening location and this must be booked 60 days in advance.*

*There is an additional fee for cholesterol and blood sugar screening services.

Services:

- Biometric Screening
- Wellness Presentations
- Reporting
- Health Coaching
- Commit2Wellness Rewards
- Affordable Care Act (ACA) Compliant Wellness Challenges
- Onsite Smoking Cessation Seminars
- Wellness Committee Facilitation
- Peer Mentoring Programs
- Mid-Point Evaluation Renewal Planning

Wellness Benefits

- Onsite employee health promotion offers employees support for living a healthy life and preventing illness
- Helps to decrease absenteeism and increase productivity
- Lowers medical costs

How is this achieved?

- Rewarding employees and providing incentives for making smart lifestyle choices thereby encouraging employees to participate in fitness activities and health and wellness campaigns.
- Providing education on health-related topics through wellness presentations directed at managing chronic illnesses as well as preventing illness.
- Offering one-on-one health coaching and biometric screening services.

Other Benefits

- AmeriHealth New Jersey offers at no cost to you screening and wellness services outlined in our menu of services.
- Employees have access to health-related communications via flyers, posters, and handouts.
- Reporting that identifies areas for improving health risks.
- Additional onsite services offered for an additional charge.
- Assistance with provision of annual flu shots for groups with 35 or more participants.

Commit2Wellness®

AmeriHealth New Jersey's **Commit2Wellness** onsite wellness program offers employer groups at no cost a **wellness program** that makes it easy to choose the **right package of services for your company**.

Our packages below offer an array of services based on **group size**:

300+: In addition to the services offered with the 50-150 and 151-299 package, this service includes monthly one-on-one health coaching, and monthly wellness visits.

151 – 299: In addition to the services offered with the 50-150 package, this service increases the amount of time dedicated to your group from a biannual visit to quarterly visits.

51 – 150: These package of services allow us to initially perform a Health and Wellness Needs Assessment to determine which programs are better suited to meet the needs of your employees. Our initial Commit2Wellness presentation will allow your group to get to know us and inform them about all the services we provide.

Initial Health and Wellness Needs Assessment, and Commit2Wellness presentation	●	●	●
Biannual half-day wellness services. Each service below to occur twice per year: - Biometric Screening (BP and BMI) - Wellness Presentation - One-on-One onsite health coaching with a Registered Nurse Specialist	●		
Commit2Wellness Rewards	●	●	●
Disease and Case Management by Phone	●	●	●
Quarterly half-day wellness services. Each service below to occur once per quarter: - Biometric Screening (BP and BMI) - One-on-One onsite health coaching with a Registered Nurse Wellness Specialist - Wellness presentations (one per quarter, first being the initial Commit2Wellness presentation)		●	
Wellness Nurse Manager attends employer group meeting once per year for reporting, Mid-point Program Evaluation, and Renewal Planning.		●	●
Monthly half day wellness services. Each service to occur once per month: - Biometric Screening, Wellness Presentations, Health Coaching			●
Smoking Cessation Onsite program lasting four weeks. Each week our Registered Nurse Specialist will facilitate a one hour presentation	●	●	●
Wellness Committee set-up and facilitation. Registered Nurse Specialist to assist with formation and attend monthly meeting onsite or by phone.	●	●	●
Wellness Challenges Registered Nurse Specialist helps facilitate up to two Affordable Care Act (ACA) compliant Wellness Challenges each year, including the following: - Maintain. Don't Gain. - 10,000 Step Challenge		●	●
Peer Mentoring Program Registered Nurse Specialist will assist with implementation of an onsite employee-led Peer Mentoring program.		●	●
Health Coaching by Phone Up to eight hours per employer group per month of Registered Nurse Specialist availability for employees who need or want telephonic follow up to assist them in meeting and maintaining their lifestyle goals.		●	●

The packages and services described above are available to be performed by AmeriHealth New Jersey's wellness team for your employees at **up to 2 locations** in the AmeriHealth New Jersey service area. If more locations are required, please let your AmeriHealth New Jersey account executive know.